



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

## BEFORE MORPHEUS8

For those new to Morpheus8, or if it's been a while since we last saw you, a pre-treatment consultation is required to ensure it's the right treatment for your skin, as well as address all pre and post care instructions prior to treatment.

Morpheus8 is not suitable under the following conditions:

- Isotretinoin (Sotret, Claravis, Amnesteem, and Accutane) has been taken within 12 months.
- You have had a facelift or eye surgery within the last year.
- You have had dermabrasion, remodeling, deep chemical peels, or surgical procedures on the treatment area for 3 months.
- You are pregnant.
- You have a medical condition that may affect wound healing.
- You use anticoagulant medication or have heavy aspirin use.
- You have an active skin infection and/or a compromised immune system.
- You have a history of keloid scar formation.

If you fall under one of these categories, please give us a call to book something more suitable for you.

If you are prone to cold sores, this treatment may cause a breakout; ask your doctor for a prophylactic treatment such as Valtrex. Please use medication two days before, during, and two days after.

Please discuss this treatment with your primary care physician if you take medication for an autoimmune condition.

### 2 MONTHS BEFORE TREATMENT:

- Discontinue skin medications (such as topical antibiotics) - check with your dermatologist or physician before starting any Morpheus8 treatment.

### 2-4 WEEKS BEFORE TREATMENT:

- Avoid prolonged sun exposure as well as self-tanner as we cannot safely treat excessively tanned or sunburned skin.
- Do not schedule other facial treatments 2-4 weeks prior to your Morpheus8 treatment.

### 1-3 DAYS BEFORE TREATMENT:

- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Discontinue the use of retinoids (Retin A, Tazorac, Differin, etc.) and Hydroquinone products.
- Discontinue the use of AHA's (including glycolic acid, lactic acid) which are 10% or higher in concentration.
- It is recommended that you discontinue the use of autoimmune therapies or medications 24 hours prior to your treatment - please discuss this with your primary care physician before stopping any medications.

### DAY OF TREATMENT:

- For those with facial hair, shaving is not recommended on the day of treatment. Please note that if you have a dense or long beard, we will work around this area. If you would like the area to be treated, please shave the day before your appointment.
- Do not take any ibuprofen (advil or motrin) or aspirin immediately before your appointment.

## AFTER MORPHEUS8

### IMMEDIATELY FOLLOWING TREATMENT:

- You may feel that your face is a bit tight after the procedure. If present, rest assured that this feeling will subside in a few days.
- There may be minor redness and swelling in the treated area for up to 7 days post procedure. This will subside naturally, but a cold compress can be used if desired.
- There may be tiny scabs that appear on the skin from the needles - these need to be left completely alone to heal. Do not pick or peel the skin post treatment.
- Please note that you will not be wearing SPF protection immediately post treatment so it is recommended that you avoid all sun exposure.
- Do not take anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Tylenol however, can be used in moderation.
- Avoid anything that causes sweating or flushing - this includes strenuous activities, hot temperatures, saunas, and hot baths/ showers.

### 1-2 DAYS FOLLOWING TREATMENT

- You may rinse the treated areas with lukewarm water and gentle facial cleanser, however you must apply vaseline/ aquaphor or Alastin Skin Nectar. No other products should be used on the skin. This will create a barrier on the skin to protect the tiny holes that are created during the treatment.
- Be sure to reapply this barrier twice per day for the first two days after your treatment. Do not apply any other moisturizers, treatments, sunscreen or makeup.

### 3-4 DAYS FOLLOWING TREATMENT:

- Sunscreen can typically be applied on day 3 post-treatment. Be sure to wear a hat and avoid sun exposure.
- Other gentle skincare products can be introduced by day 4. This includes gentle or soothing moisturizers and serums.
- Makeup should only be applied after the micro-wounds have healed, typically this is 4 days post treatment.

### 1 WEEK FOLLOWING TREATMENT:

- Under no circumstances should products with active ingredients (retinol, vitamin C, AHA, etc) be used until 1 week post treatment. This step is crucial in safely healing and improving the skin.
- Total recovery time from a Morpheus8 may vary but generally most people are back to their regular activities between 3-7 days post treatment.

### SKINCARE RECCOMENDATIONS:

(after the first 48 hours post-treatment)

#### CLEANSING:

Cleanse the skin two times a day (morning and evening), using a gentle cleanser and lukewarm water. Apply the cleanser using light circular motions, rinse well and gently pat the skin dry with a clean towel. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

#### MOISTURIZER:

Moisturizer should be applied generously with clean hands over the treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your practitioner - eg. essential oils, coconut oil, etc.

#### SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

Remember that one is a treat, and 3-5 is a treatment. Best results present themselves 90 days (3 months) after your 3-5 rounds of Morpheus8 spaced 3-6 weeks apart.

We are at the mercy of your collagen! Patience is key.

You can expect the results of Morpheus8 to last a while. After the initial series of treatments clients can maintain results with 1-2 treatments a year.

Everyone's skin is different and your results and recovery time may vary.

We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

**Your Best Friend in Skincare**